THOUGHTS FOR THE END OF THE DAY

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INTRODUCTION

Go into a bookshop or look online and there are plenty of sources of "self-help." Words like "self-actualisation," or "self-care," or "self-improvement," are found in many places. This booklet does not claim to be any of those. True, it does allow for improvement in some parts of a person's life. Yes, it does ask questions about the day someone just had, and how tomorrow is different. Still, I know it cannot improve all a person's life. I understand it will not answer all the "big questions," anyone has. It allows a reader the time and space to think about the day they just had. It gives readers questions to make them think and plan for the future. It leads a reader into ideas and thoughts they may never have had before. The booklet does this through questions grouped together into sections. Each section begins with some quotations, and these are followed by the questions themselves. This is meant for personal use. It is something you use on your own at the end of the day. You can read it all through, and then decide what happens tomorrow and in future. Someone can read a section of it and be led into future plans. People can read a section and answer all its questions, finding new ways to act or speak for themselves. You may choose to answer a set of questions until you achieve some goal or ambition you have. It can even be used in a meditative, religious, or spiritual way. Some people may want to share this with their friends. Then they get help and advice that is supportive and helpful. It can be used in a similar way at a conference. You will see how certain ideas and concepts crop up many times. This is not because the booklet repeats itself. It does show how those concepts and ideas can be looked at in different ways. You will see how it leaves the past behind. It starts where the reader is, at the end of the day just over and finished. It looks forward to a future that starts with plans for tomorrow. Some people will find nothing of use in this. I understand that, but they may know someone who will find it helpful. Some readers will only use this for a while. I understand that too. Each of us grows and develops in our own way. What helped us at one time may no longer be of use. Still, it may be something to return to again. However you use this booklet I hope it achieves some of the goals I had when writing it.

This booklet has several aims. Let me make one thing clear from the start. This is not meant in any way to make anyone feel guilty, ashamed, or a failure. Its goals are the complete opposite. This is meant to be a tool to help people. One of its aims is to help people think about their lives. One of its goals is to give people some control of their own lives. It is meant to help them improve their lives in some ways. It is structured to help people think clearly about the day they just had. It is laid out the way it is so people can act in a way they think best. It is written so people can put some good, positive plans in place for self-improvement. I have written it so people can do things safely, for others as well as themselves. It is up to the reader to decide how they answer the questions. It is up to each person to choose what actions they take tomorrow and in future. I am not trying to force people to think or act in a particular way. I do want them to think about the day just gone. This booklet asks how tomorrow can be better, healthier, and happier. There will be some questions in this booklet that do not apply to every reader. There is nothing wrong in that. We are all individuals with our own personal circumstances. Some readers will find some questions harder to answer than others. Again, that is all right, we are all different. Some people may find it difficult to put plans or desired actions into place. Each of us is unique. We cannot all be systems analysts, military logistics experts

or event planners. What is important is the booklet is used to make a difference to the reader's life, a real, beneficial difference.

Any booklet like this is going to have its own format and language. Let me be honest with you, life is tough. Holding down a job, paying bills and doing things we want is a balancing act at the best of times. Then there are the critics. To start with we all have our own internal critic. It is that little voice inside us that tells us we should have done this that way, or we got something wrong. Keeping it quiet is not always easy. We each have a family member or friend who always seems to pick on what they see as our faults and failings. Then there are bosses, team members and others who love to tell us off for this or that. There is enough rubbish in life as it is. We do not need to be pulled this way or that by criticism. This is why this booklet is not backward looking. It concentrates on the day just gone, and only on that. As one ancient thinker once put it, "the unexamined life is not worth living." There is a lot of truth in that, but how do we examine our lives? We have to start where we are, today, not yesterday. If we find something we want to change, where do we start? The obvious place is tomorrow, whatever day that is. The rest of our future, whatever it holds, starts tomorrow.

It is easy to be negative about things. After all, some of the greatest art or music is about bad things happening or disasters. Just read Longfellow's "The Wreck of the Hesperus," or listen to some of Wagner's or Brahms' musical works. Read the papers or watch the news and there are plenty of "doom and gloom," stories every day. It is easy to feel out of control and powerless. We can all sometimes feel there are forces out there beyond our grasp, but pulling the strings. There is too much that is destructive, negative, and soul-destroying around us. Is there any place for hope, for change? Of course, there is. The place that change starts is us, ourselves. If we feel good, creative, and positive others will. If we can handle what life throws at us then change will take place, not just in our own lives. We can be critical as well, but can we help others improve? Yes, if they see us change and things getting better. This is why the sections that follow are written the way they are. They are meant to turn things round, and make life brighter.

There are some ideas that crop up again and again in the following sections. One of them is respect. I admit, it is a problem. There are levels of respect. For instance, I respect some people for their convictions or their courage. I do not agree with what they stand for, believe, or represent though. I do not want to meet them or talk to them at all, but I still respect them. There are others I respect because of some achievement or deed they have done. I would not mind talking to them if I met them. There are some I respect and admire. Yes, some are sporting heroes, some are experts, some with a character or quality I like. I would like to get to know them. There are friends and acquaintances I respect a lot. Some are artists in one way or another. Some have had a very hard life, but they keep on smiling. Some have gone through a serious illness or have a disability. I admire and respect them for their strength, their courage, and their ability to keep on going. Then there are the people I love, be they family or friends. Part of that love is respect, a genuine, deep-felt respect. When a question asks about respect it is asking you to decide. What level of respect should you give or have? How can you show that or assess

it? It will be hard to answer some of those questions at times. There will be other times when it will be easy.

Another concept that occurs a lot is reasonableness. Some years ago there was a television campaign about road safety in the United Kingdom. One of its slogans was, "Look! Think! Act!" Reasonableness is all about looking at a situation from the viewpoint of someone else. Imagine a stranger comes into the place where you are. What would they think of the situation? Would they think you are acting in a normal, sensible way? What would they change about what you are doing? True, this asks you to use your imagination. Yes, it does ask you to look, think, and then act. Sometimes this can be very helpful. It does mean you have to pause for thought. If you have to, do. It is good if people think you are thoughtful and considerate. It is better to do the reasonable thing than the wrong one. Once you get into the habit of being reasonable it gets easier to put into practise all the time. It may be hard at first, but it is worth the effort.

One of the ideas used a lot in this booklet is of your kind of people. It is easy for all of us to think we are independent individuals. There are times when each of us thinks of ourselves as self-contained, even self-defined. The truth is we all depend on others far more than we think. We all go shopping, yet how many people does it takes to put what we buy on the shelves? We all travel by road, rail, plane or ship. How many people does it take to build one of those or keep it working? We are interdependent, we depend on others for lots of things in our lives. That is true of our everyday relationships as well. We may not like the idea we "belong," to others, but we do. We all have a surname, so we belong to one sort of family or another. Some readers may have a spouse or partner. We belong to them and their family, just as they belong to us. We belong to a group of people who went to the same school as us. Some of them may still be friends. Some of us have a large circle of friends, some a small one. We each belong to that network of relationships though. We may support a sports club of some kind. We belong to that group of people since we all have that in common. The same is true if we are followers of some singer or type of music. We share political, religious, and other beliefs with others. That is another group we belong to. We all live somewhere. We speak the same language as other people living there. Just like them we understand certain things about that place's history and culture. We belong to the place where we live just as much as we belong to our families. When a question asks about your kind of people it asks you about the group or groups you belong to. You can define that as narrowly or as broadly as you like. What matters is you remember the question is asking you about your relationships. Those relationships are not just with your family or friends, or those you deal with at work.

The concept of one's homeland is used frequently in this booklet. It is no longer a fashionable word in many ways. Still, it does have meaning. I know my home. I know where it is. I know how comfortable I feel there. I know it is the place I live, my base. I know the streets and roads around my home. I know which of them have shops on. I know which one has a bus stop or railway station. I know where those buses go or where the railway takes me. I have a mental map of where I live, and how it is connected to other places. I have been lucky to live in other

places in my life, and visit others. I have a mental map of those too, even if it is not always detailed. When I watch the news or read a paper there are stories about my area, region, or nation. I think of those places, remember some of them, and have ideas about others. So my mental map may not be very detailed about my wider nation, but I still have it. Yet this map is of the place where my home is, where I live. This map is the place I feel comfortable. This map is of places I go where people have the same language and laws. This personal, mental map of my home is also a map of my society. The place where I live, the society I belong to, the nation where I feel comfortable, is my homeland. My homeland is not just geography. it is the place I can and do call home.

This booklet is designed to be used by you, individually. It can be used in group settings, but it is meant to be used just by you, on your own. Before you ever start to use the booklet, read it through. If you have any doubts about this, or any questions, that will help you decide. The best way to start using it is to choose a time you can be by yourself every day. The best time is in the late evening, or just as you wind down before bed. Try to stick to this time every day. That way it becomes part of your daily routine. The odd day off is no problem, but do get back into the routine as soon as you can. It is a good idea to have a diary or a loose-leaf pad handy. You can even print this off and put it in a ring binder with your loose-leaf pad if you want to. Some people like to keep diaries on their computer. If you are happy doing that then feel free. Do remember to use this booklet at the same time each day though. That way you can write down ideas, plans or thoughts if you need to. If you do write things down, you can see what you achieved. You can also see how much has changed as you go along. Try to concentrate on the questions. This will be easier some days than others. It helps to turn off the television or radio, and have some moments of quiet to yourself. Once you are ready, if you want to use it, you can then use this booklet.

You can read the whole booklet every day if you want to. If you use it that way, once you have read it take a few moments for thought. Try to find one good, positive, or wholesome thing about your day. Remember, you are thinking about the day just gone, not yesterday. Are you pleased with that one thing? Do you feel pride in that accomplishment or achievement? What is it that gives you pride or pleasure? If you are writing things down, then put all that down on paper. Then take a few more moments for thought. Is there anything bad, negative, or unhealthy about your day? What was bad, and how can you change that? How can you turn the negative into a positive? What can you do to make unhealthy aspects of the day healthy in future? Just choose one thing. It helps if you think about what you can realistically change tomorrow. If you are writing things down, then put that down on paper. If you can, or you need to, write a plan so you can turn the bad thing around. Break it down into steps if you have to. Some people do find that helpful. Once you finish writing, check you are happy with what you want to do tomorrow and in future. Then read what was good, positive, and wholesome about your day again. If you like, you can then read one of the poems at the back. Then you can put the booklet away until tomorrow night.

There may be one section of the booklet you would like to work on. It may have appealed to you as you read it through. It may have made you think straight away. A portion may have inspired you with things you never thought about before. There is nothing wrong with just using a section of this booklet at all. If you do want to work that way read the booklet through again. Make sure the section that struck you still draws your attention. Once you have made your choice you can then decide how you want to use that portion of the booklet. You can use it as described above. You read the quotes and questions through, and then write down one good thing about your day. Then you write down one bad thing and how you can change that. Then you read through the good thing again before you put the booklet away. If you want to, you can choose one of the poems at the back to read. Remember to take time to think. Be realistic about any plans you make. Once you feel you have made enough progress, or have achieved everything you want to in that section, you can move onto another one. Read the whole booklet through again. See which portion of it appeals to you this time. You can then work on that.

The other way you can use a section is to actually work through it. This may take some time, but it is helpful to some people. Read the whole portion through before you start to think about each question or group of questions in detail. Then read each question or group of questions. If you can answer a set of questions in a good or positive way, write that down. Make sure you write in a personal way about your day. You may like to write something like, "Yes I was good at X today." You may like to put down, "Yes, I did Y well today." You may want to write, "Yes, I achieved or accomplished Z today." Have a quick read through of what you have written before you do anything else. Then read through the questions again. This time think about the bad or negative things about your day as you read them. As you go through the questions you may want to write those negative or bad things down. Again, make sure this is a personal reflection on your day. You may like to write something like, "No, I was not good at X today, but I can alter that by doing A." You may like to put down, "No, I did not do Y well today, but I can change that by doing B." You may want to write, "No, I did not achieve Z today, but I can accomplish that by C." Read through the bad or negative answers again. Choose one you can realistically change tomorrow and in future. Write that one down. Make some sort of notes or plan to do that. Then write that plan or those notes down. Once you have done that read through the positive or good answers again. As I said above, if you want to read one of the poems to finish, then do. Then you can put the booklet away. Once you feel you have worked through the section you can move onto another one.

The idea of working through a section of the booklet, or all of it, will be daunting to some. That is all right. There is another way to use this. Again, read it all through. See if there is a set of questions that strikes you or appeals to you. It may have leapt off the page as you read. You may have seen something you would like to achieve. Something that is an issue or problem for you may have struck you as you read. There may be a set of goals you would like to accomplish. Whatever set of questions it is, work on those. Once more, there are a few ways of doing that. One way is to read the quotes at the start of the section. Then read through the questions you are working on at the end of the day. Then think of one way you have improved or made progress on those that day. Write that down. Then think of ways you can make further

improvements or progress tomorrow and in future. Write one of those down with a plan or notes on how to do that. After you have done that read through how you made progress or improved again. If you want to read a poem from the end of the booklet that is a good way to end. Then you can put the booklet away. Once you feel you have achieved the goals you set yourself you can move on to another set of questions.

The other way to work through a set of questions is to answer each of them in turn. Again, read the quotes and questions through. Think about your day. Then write down what you did that was good or positive for each question. Have a quick read through of that. Then read through the questions again. This time write down what was bad or negative about each of them. Choose one of those answers you can realistically do something about. Write that down with notes or a plan on how to do it. Once you have done that read the positive or good answers again. Read one of the poems if you like. Then you can put the booklet away. Once you have achieved you aims, or accomplished your goals, read through the booklet again. See if there is another set of questions you would like to deal with. Repeat the process again with them until you meet your goals and aims. You can repeat this method as many times as you like. The important thing is you feel you are progressing day by day.

There is no way I can tell if any reader has any religious or spiritual beliefs. That side of your life is entirely up to you. You are free to choose whatever spiritual or religious beliefs you want, or do not want. Some readers will be agnostic or atheistic. Again, that is your choice. It is not my place to tell anyone they are right or wrong. You have the rights to freedom of conscience and of belief. This booklet will ask you about your beliefs and values. Those are personal questions only you can answer. Still, some readers will have beliefs that are religious or spiritual. They may like to use this booklet to help them keep their faith or help them on their path. There are a few ways that can be done. I am going to suggest some ways, but do feel free to adapt or suit them to your needs. It goes without saying you should use the booklet at the same time each day, if you can. It is also true that making notes or writing things down is helpful. You can then use your answers during any prayers or devotions as you choose.

As I said, you can use the booklet's answers during any devotions or prayers. Make sure you have worked on the booklet as you decided to first. Be clear what your answers are, and what you want to do tomorrow and in future. Then you can use your answers in your spiritual or religious practise. Begin by thanking who or what you believe in for the good, healthy, and positive things about the day just gone. Then take a moment to reflect on the whole of your day, not just the bad, negative, or unhealthy things. Your faith or spirituality may believe in repentance and forgiveness. You can ask for the negative, unhealthy, or bad things of the day to be undone, taken away, or forgiven. Do take some time to ask for help or assistance with your plans. After that you can then thank who or what you believe in for giving you the skill to answer the questions. Be thankful for the good things in your life. You may even want to make an act of thanks for the earth and for life itself if you like. You can remember this method using four simple words: thank, reflect, ask, thank.

Some readers will use mindfulness exercises to end their day. Sitting in a comfortable position they become aware of their breathing. As they do so they think about the day they just had. Those thoughts may last a moment or for some time. Each time a thought about the day ends they go back to their breathing. Eventually the thoughts about the day come to an end. At that point they become aware they breathe in all that is creative, good, healthy, and positive. As they breathe out they expel everything destructive, bad, negative, and unhealthy. They then get to a point where each breath in and out is clean, light, and lovely. This often comes with a feeling of inner peace and relaxation. If you find that method helpful, then do use it. Some people find reading poetry calming at the end of the day. It can also be a meditative exercise. A small number of poems are included for that reason. Some people do have formal or set prayers or rituals to end their day. If this booklet can be used as preparation for those, then do use it that way. Whatever your spirituality or faith, if you want to build this booklet into that please feel free.

I have said this booklet is meant for personal use and reflection. That is true. I do understand some people may want to use it in group settings. There is nothing wrong with that. If you want to use this that way please do feel free. Start by making sure every member of the group has plenty of time to read it. This should take place before any group work is done. Some members of the group may not want to join in. Please do respect their wishes. This booklet can be used by a group of friends. If so, please agree a date, time, and place you can all safely meet. If it is used at a conference, please give copies to everyone in advance. This will give time for everyone to read it through. It will also help them decide if they want to work on this at the conference or meeting. Again, please respect peoples' wishes. If they do not want to join a session using this, that is their choice. Any answers to any questions in this are going to be personal. I can understand why some may not be happy or comfortable sharing things like that. At a conference or meeting please make sure the time this booklet will be used is clear. Do be sure exactly when answers are discussed. This will give everyone time to prepare. It will also be clear when those who are not joining in will be doing something else. If you do want to use this in a group setting, then go ahead. Please remember to give copies in advance, and to respect peoples' wishes.

I have already said there is enough that is critical, destructive, and negative in the world. Our world is not perfect. Things go wrong. There are accidents of nature. Machines break down. It is easy to assume someone, somewhere, somehow, is responsible. Sometimes this is true. This is why we have a legal system. Other times it is not true. No-one is responsible, no-one to blame. Our instincts may scream at us that something must be someone's fault. There must be someone we can put the blame on. The problem with that is we can load shame, guilt, and even depression onto people who are not at fault. It is easy to fall into the trap of blaming ourselves for what we do wrong at times. We may do wrong for all sorts of reasons, some of which are out of our power or control. That is before we think of all the other people who are critical of us in our lives. Blaming people for their situation or problem is not helpful. Trying to shame them or guilt them into a solution is not helpful either. This is especially true in group settings where this booklet is used. It is far better to listen, understand, and then think before making a comment on what someone has said. This is easier said than done, I admit. Still, try to imagine

you are in their position. What would you find helpful? What advice would you find constructive and positive? This is the sort of advice you should give in any group session using this booklet. Remember, you may not need the group's help at any given meeting. You may need it in future though. If you are supportive, positive, and constructive they are more likely to be that way with you. Avoiding blame is not easy, I know. There are times we feel we are passing the buck. We can all think of people who are all too happy doing that as it is. Still, do take time to listen to others in the group. Do try to understand them and support them. Do try to be constructive, helpful, and positive in your comments. This will help them, and help you better answer questions of your own.

This booklet can be used by a group of friends. If you do want to use it that way, please talk about it among yourselves. Briefly explain what this booklet is. Ask them if they would like to meet to use it. Some friends may not want to, but please do not let that make you fall out with them. None of your friends may want to meet to use this. Please do respect that, since that is their choice. Some may, and if they do, please give them advance copies. Please agree a date, time, and place you can all meet safely. If you plan on weekly meetings make sure there is the odd break. This could be for school holidays, or one week in a month. Meetings can be fortnightly or monthly, but that is for you and your friends to decide. Explain to everyone they have to choose one achievement, deed or goal they are proud of before the meeting. Also explain they have to choose one difficulty or problem they are having. You can meet in a neutral venue, but please make sure you cannot be overheard by anyone else. You may want to meet in each other's homes, but make sure no-one else can hear you. Once you all meet up ask for someone to share their feelings or thoughts. Do not be surprised if people are shy or reluctant to talk at first. It is only natural, and not all your friends may know each other as well as you do. If you need to, take some time to think. Ask if anyone has any comments on what has been said. Remember to congratulate the person for what they are proud of. Offer any constructive, helpful, or positive advice in a supportive way. Then do praise them again for their goal, deed, or achievement. Ask if anyone else would like to speak, and do the same with them. Some friends may not speak at a meeting every time, if at all. That does not mean they are taking nothing away from the experience. In fact, they can be learning a lot, and the meetings could be a big help to them. Please do not embarrass or force people into sharing or talking. Do make it clear people volunteer to speak.

While meeting with friends is not the same as a conference, do not let it go on too long. Agree a minimum and maximum amount of time you are all happy with for the discussion. It is a good idea to make this as sociable as possible. Have some snacks and drinks available while people share and give advice. Once you have reached your maximum time for booklet work you can carry on socialising. Do not be surprised if people who did not speak earlier then want to talk personally about something. Groups can be off-putting, but talking to a trusted friend is often far easier. If you cannot help them, or have no advice for them, say so. Do ask them if there is anything they are proud of, and praise them for that. It is far better to be honest but loyal than give the wrong advice. Remember some people will come to a few meetings, while others will come to them all. Your friends have lives of their own, and there will be many reasons they are not always there. This is a voluntary exercise after all. Do not be surprised if

the numbers attending start to fall. Some people will grow tired of using the booklet. Some will be embarrassed and do not want to carry on. Some will feel they have got as much as they can from the meetings. There are other reasons, but there may come a time to stop meeting up. When that time comes have one final meeting. Invite people to say what they got out of them, and what they found useful. Some sort of party or celebration after that is a good way to end things. Please do not be afraid of the meetings coming to an end. It is not a reflection on you or your friendships. Different groups and meetings are set up and come to an end every day. It is just how life is, and there is nothing wrong with that.

Much of what has been said about meetings with friends also applies to sessions at conferences. I have also talked about conferences above. There are a few other points about them you should bear in mind. Please be clear what day and time a session using this booklet is going to take place. The best time to use it is in the afternoon or early evening. If it can take place after lunch or a break for tea, that is ideal. Be sure people know it is voluntary. Make it clear to those turning up that notes cannot be taken. They cannot bring mobile phones or bleepers in either. There will be no minutes or anyone like a secretary. The session will not be part of the final conference report, apart from a note about a "free discussion session." If the conference organisers have not chosen a "moderator," or "convenor," then those present choose one in the usual way. Once that person is chosen, they ask the group if they want to work on this in "section groups," or as a whole. This gives people the chance to talk about a section of it they are interested in, or discuss the entire booklet. Everyone then decides how the session will end. One choice is for everyone to be quiet for about five minutes. The other is everyone is quiet for a moment. Then a volunteer reads one or more of the poems below. If people decide to work in section groups, those interested in a particular section go to part of the room. If everyone decides to work on the whole of it, then everyone stays together. Whether in smaller "section groups," or as one large group, the discussion takes place as it does among friends. The time for the ending then takes place. After that everyone helps tidy up or clear the room. This makes sure it is ready for the next session. It also gives people a chance to talk to each other. If at all possible, the session should be followed by another break for refreshments, or a meal. This gives people the chance to talk one on one. Some people may have spoken in the session, some may not. The opportunity for a helpful chat is always a plus.

Like any book, newspaper, or internet page this booklet has a historical and geographical context. I wrote it sitting in London, the capitol of the United Kingdom. I had seen in the Millennium, with all its hopes and dreams. Eight years later I saw many of those crash and burn in the financial crisis of that year. I lived through the years of austerity many Western liberal economies underwent. In the United Kingdom there was the referendum on leaving the European Union, and all the political and practical outcomes of that. After that came SARS Covid-19 and the economic, political, and social problems that created. That was followed by supply chain problems and a rise in the cost of fuel, made worse by the war in Ukraine. To say the second millennium of the Common Era got off to a rocky start is true, if an understatement. It was in the awareness of those years that this was written.

After the Second World War there was a feeling, if not a clear idea, of how the world was, and where you stood in it. There were the Western liberal democracies and their allies. There were the Warsaw Pact countries and their allies. There were also the unaligned nations, the so-called "Third World." There were rich, developed nations, nations undergoing development, and poor countries. Political ideology was governed as much by geography as it was by history. By the 1960s the "old certainties," were being questioned. Some things were seen to be not so certain, or that old. Extremism of many types began to appear. Moral values were openly questioned. After the "Oil Shock," of 1974 this became increasingly true. With the collapse of the Warsaw Pact, and the fall of Communism in the late 1980s and early 90s, many felt the world was on the cusp of a big change. Some even suggested history had ended. Those events did not lead to a golden age though, or an end of doubt and questioning. While there was progress in some areas, in others things went backwards. The world was no longer a place of certainties. Many were no longer sure of their place in it. Over the years I have had many conversations with many friends and acquaintances. We asked how we could make the world a better place. We discussed if there were any lasting, important values we should live by. It is out of those conversations this booklet has come.

This booklet is an attempt to distil those conversations and discussions. Yes, it is a personal attempt, but I hope this will be useful to some. As with any other work, there are several people I do want to thank for their contribution to it. I have to thank Mr. G. Turner for his input and support. His encouragement at the beginning and throughout the writing of this have been a great help. I also want to acknowledge the words and inspiration of Mr. I Donaldson, Mr. M. Hammer, and Mr. P. Harrington. Their thoughts and ideas have helped and supported me for many, many years. I also want to express my gratitude to my friends and acquaintances. Their conversations have been helpful and thought provoking. I would also like to thank all the readers of this booklet, whether you use it or not. I know some people will read this and find nothing in it of value to them. It may be of value to someone you know. If so, please do pass it on to them. I also know some will find it useful for a while, and then set it aside. Life moves on as day follows day. What was helpful for a time may not be useful after a while. Still, you may have been aided by it for some time, and left it alone, but it may be of use again in future. As with many of my works please do feel free to share it. If this booklet helps only one person, it will have done what I set out to do. If you have any suggestions for improving this, please do get in touch. If you have any constructive criticism, please feel free to share it with me.

This booklet is not intended as guide to how to live a life. It is meant to ask some questions, and help you reflect on your day and what you want to do in future. It is not a self-help guide, but it is a guide to some ideas and goals you may not have thought of. Like any text it has its own vocabulary and language, its own style. Ideas like respect, reasonableness, kinds of people and homeland are used throughout. Whatever you decide to do, it can be used in several ways. It is meant for personal reflection, and can be used by groups of friends, and at conferences. If you use it on your own, you can read it to start your thoughts about the day just gone. It then guides you into ideas, plans, and actions in future. You can take a section of it, or some questions in a section, to spark thoughts and ideas into life. It can be used as part of religious devotion or a spiritual path. When used among friends it is a helpful way to get advice and

support. If used at a conference it is a tool for people to share experience, problems, and solutions in a structured way. However or wherever the booklet is used it is meant to be used. Even if you do not use it yourself it may be of help to someone you know. As with any tool or equipment this will not do every job. It cannot answer all life's problems. Still, if it brings a brighter, happier, healthier, and freer future nearer to you or someone you know, it has done something good.

Life is either a daring adventure or nothing at all.
Look for something positive each day,
even if some days you have to look a little harder.
Do something today that your future self will thank you for.
Create a vision that makes you wanna jump out of bed in the morning.
Make no small plans for they have no power to stir the soul.

Attributed to Mr. J. Schoep; n.d.

THOUGHTS FOR THE END OF THE DAY

SECTION I

By avarice and selfishness, by a groveling habit, from which none of us is free, of regarding the soil as property... the landscape is deformed.
Thoreau, Henry David; *Walden, The Bean Field* 1854; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 766.

What would the world be, once bereft
of wet and wildness? Let them be left,
O let them be left, wildness and wet;
Long live the weeds and wilderness yet.
Hopkins, Gerald Manley; *"Inversnald;"* 188l *ibid;* p. 384.

Over increasingly large areas of the United States, spring now comes unheralded by the return of the birds, and the early mornings are strangely silent where once they were filled with the beauty of bird song.
Carson, Robert; *The Silent Spring,* 1962; *ibid*; p. 192.

Think globally, act locally.
Friends of the Earth slogan c. 1985; *ibid*; p. 648.

I do not know of any environmental group in any country that does not view its government as an adversary.
Brundtland, Gro Harlem; *"Time"* magazine, 25th September 1985; *ibid;* p. 158.

Whatever is well-fitting in you, O Universe, is fitting to me. Nothing can be early or late to me, which is seasonable to you. Whatever your seasons bring shall be happy fruit and increase to me. O Nature, all things come from you, all things exist in you. The poet says, Dear city of Cecrops; shall I not say, Dear city of God?
Aurelius, Marcus; *Meditations,* 4, 16, 2nd c.; in Parrinder, Geoffrey, compiler; *A Dictionary of Religious and Spiritual Quotations;* Routledge; 1990; London; p. 51.

You never enjoy the world aright, till the Sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars; and perceive yourself to be the sole heir of the whole world, and more than so, because men are in it who are every one sole heirs as well as you.
Traherne, Thomas; *Centuries of Meditations,* I, 29, 17th c; *ibid;* p. 51.

Have I bought good, sustainable produce made or grown locally, regionally, or nationally today?

How can I buy produce like that tomorrow and in future?

Did I support local or regional farmers today?

How can I support them tomorrow and in future?

When asked, have I helped my family and friends buy good, sustainable produce made or grown locally, regionally, or nationally?

Have I put my rubbish and recycling away properly today?

How can I make sure I put my them away properly tomorrow and in future?

When asked, have I helped my family and friends put their rubbish and recycling away properly?

Have I checked the area where I live is clean, safe, and tidy today?

How can I check my area is clean, safe, and tidy tomorrow and in future?

When asked, have I helped my family and friends check the area they live is clean, safe and tidy?

Do I feel safe and secure in the area where I live?

What can I do to feel more safe and secure tomorrow and in future?

When asked, have I helped my family and friends feel more safe and secure where they live?

Have I lived and worked as sustainably and waste-free as I can today?

How can I live and work that way tomorrow and in future?

When asked, have I helped my family and friends live and work as sustainably and waste-free as they can?

Have I looked after and cared for any house plants or window boxes I have today?

How can I care for and look after them better tomorrow and in future?

When asked, have I helped my family and friends tend any house plants or window boxes they have better?

Have I looked after and cared for any garden or allotment I have today?

How can I care for and look them better tomorrow and in future?

When asked, have I helped my family and friends tend their garden or allotment better?

Did I use any sustainable transport today?

If not, do I have a good reason for not using it?

If not, what sustainable transport can I use?

How do I do that tomorrow and in future?

Have I protected the waterways and bodies of water in my area, region, or homeland today?

How can I protect them better tomorrow and in future, and keep them safe?

Have I protected all the types of landscape in my area, region, or homeland today?

How can I protect them better tomorrow and in future, and keep them safe?

Have I kept the animals and wildlife of my area, region, or homeland safe and protected today?

How can I protect them better tomorrow and in future, and keep them safe?

Have I helped make sure my area, region, or homeland protects and sustainably develops the environment today?

How can I make sure my area, region, or homeland protects and develops the environment better in future?

What else can I do to make sure the environment is safe and healthy for my kind tomorrow and in future?

When asked, have I helped my family and friends protect their environment today?

When asked, have I helped those of my kind I know protect their environment today?

When I look back on today, do I live in a clean, healthy, and safe environment?

SECTION II

Early to bed, and early to rise, makes a man healthy, wealthy, and wise.
Late 15th c. proverb; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations*, 5th ed.; OUP; 1999; Oxford; p. 599.

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing we mortals are capable of; a blessing that money cannot buy.
Walton, Izaac; *The Compleat Angler,* pt. 1, ch. 21, 1653; *ibid;* p. 802.

It is the entire man that thinks and writes, and not merely his head. His leg has often as much to do with it as his head - the state of his calves, his vitals and his nerves.
Hunt, Leigh; *Stories in Verse,* (preface,) 1855*; ibid;* p. 395.

When you don't have any money, the problem is food. When you have money, it's sex. When you have both, it's health.
Donleavy, J.P.; *The Ginger Man,* ch. 5, 1955; *ibid;* p. 272.

It is not the possessions but the desires of mankind which require to be equalized.
Aristotle; *Politics,* 2, 7; in Parrinder, Geoffrey, compiler; *A Dictionary of Religious and Spiritual Quotations;* Routledge; 1990; London; p. 175. (Note: some translations give "passions," for "desires.")

An acre in Middlesex is better than a principality in Utopia.
Macaulay, T.B.; *Francis Bacon,* 1837; *ibid;* p. 175.

Health and cheerfulness mutually beget each other.
Addison, Joseph; *The Spectator,* No. 387, quoted in Roberts, Kate Louise; *Hoyt's New Cyclopedia of Practical Quotations,* pp. 356-57; Funk & Wagnalls Co., 1922; New York; retrieved from *Wikiquote;* 16/11/2022.

Have I had enough to eat and drink today?

What can I do to make sure I eat and drink enough tomorrow and in future?

Was my food and drink good, healthy, and wholesome today?

How can I buy food and drink like that tomorrow and in future?

When asked, have I helped my family and friends make good, healthy choices about their food and drink?

When asked, have I helped those of my kind I know make good, healthy choices about their food and drink?

Did I have enough exercise today?

What can I do to get enough exercise tomorrow and in future?

Do I feel better for my exercise?

What can I change about my exercise to feel better about it tomorrow and in future?

Did I hit my fitness targets or achieve my fitness goals today?

What can I do to hit targets or achieve goals tomorrow and in future?

When asked, have I helped my family and friends exercise well?

When asked, have I helped those of my kind I know exercise well?

Have I had good, healthy relationships today?

What one thing can I change about my relationships tomorrow and in future to have better, healthier ones?

When asked, have I helped my family and friends have good, healthy relationships today?

Have I made sure my life is as stress-free and stable as it can be today?

What one thing can I change about my life to make it more stable and stress-free tomorrow and in future?

When asked, have I helped my family and friends have lives that are as stress-free and stable as they can be today?

Have I had enough rest and relaxation today?

What can I do to get enough rest and relaxation tomorrow and in future?

When asked, have I helped my family and friends get enough rest and relaxation today?

Did I get enough sleep last night?

What can I do to get enough sleep tomorrow and in future?

When asked, have I helped my family and friends get enough sleep?

Do I need to arrange or book a holiday or vacation?

How long does that holiday have to be so I get the most out of it?

What do I need to do on the vacation to get the most out of it?

How do I do that tomorrow or in future?

Did I see a doctor or medical professional today?

Did I understand what they told me?

Is there anything I did not understand that I need to ask them?

Was I given any medication, medical device or exercises I have to take, use or do?

Do I understand what I am supposed to do with these?

Do I understand how long I am to take, use or do these things for?

On the whole, am I a fit and healthy person overall?

When asked, how can I help my family and friends be fitter and healthier?

When asked, how can I help those of my kind I know be fitter and healthier?

When I look back on today, am I a fit, healthy person living a good life?

SECTION III

If you don't work, you shan't eat.
Mid 16th c. proverb, in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 603.

All work and no play makes Jack a dull boy.
Mid 17th c. proverb, *ibid;* p. 595.

If all the year were playing holidays,
To sport would be as tedious as to work;
but when they seldom come, they wished for come.
Shakespeare; *Henry IV, part I,* act 1, sc. 2, l. 226; *ibid;* p. 667.

Do the work that's nearest,
Though it's dull at whiles,
Helping, when we meet them,
Lame dogs over stiles.
Kingsley, Charles; *The Invitation. To Tom Hughes,* 1856; *ibid;* p. 437.

Which of us...is to do the hard and dirty work for the rest of us, and for what pay? Who is to do the pleasant and clean work for us, and for what pay?
Ruskin, John; *Of Kings' Treasuries'. Sesame and Lilies*, 1865; *ibid;* p. 638.

There's many a one who would be idle if hunger didn't pinch him; but the stomach sets us to work.
Elliot, George; *Felix Holy,* ch. 30, 1866; *ibid;* p. 292.

Man, unlike any other thing organic or inorganic in the universe, grows beyond his work, walks up the stairs of his concepts, emerges ahead of his accomplishments.
Steinbeck, John; *The Grapes of Wrath,* ch. 14, 1939; *ibid;* p.737

Do I know what my job is, and understand what I have to do at work?

If not, how can I find those things out, so I can do my job better tomorrow and in future?

Have I done the work I was supposed to do today?

How can I do that work tomorrow and in future?

Did I make sure I did not take on extra or unnecessary work today?

How can I make sure I only do the work I have to tomorrow and in future?

Did I work the correct number of hours today?

How can I make sure I only do those tomorrow and in future?

Did I have any goals, tasks, or targets today?

Did I break them down into small, manageable steps or parts?

If not, do I need to learn how to do that, or practice that?

Did I set out dates or a timeline for those steps or parts, or plan them out?

If not, do I need to learn how to do that, or practice that?

How do I do these tomorrow and in future, so I achieve my goals, tasks or targets?

Did I prioritize my work well today?

How can I better prioritize my work tomorrow and in future?

Was my workplace safe and healthy today?

How can I make my workplace healthier and safer tomorrow and in future?

Was my workplace stressful or difficult to work in today?

How can I make my workplace less stressful or better to work in tomorrow and in future?

Was my work of a good, high quality today?

How can I improve my work tomorrow and in future?

Did I have a sense of achievement or pride about my work today?

How can I have a greater sense of achievement or pride in my work tomorrow and in future?

Am I paid a fair wage for my work?

If not, how can I get a fair wage tomorrow and in future?

Are there any of my kind at my workplace?

If not, how can I politely, respectfully, and reasonably share the beliefs and values of my kind with my work colleagues tomorrow and in future?

If there are some of my kind at my workplace, did I help them today?

How can I help and support them better tomorrow and in future?

If there are some of my kind at my workplace, do we make time to strengthen and support each other in our shared beliefs and values?

How can we make time, and better support and strengthen each other tomorrow and in future?

Would those I deal with at work say I am a good worker?

How can I be a better worker tomorrow and in future?

Am I happy with my job or position at work?

What can I change about my position or job tomorrow and in future to make it better?

If I cannot change my job or position for the better, is it time to look for other work?

If I need to, how and where can I look for other work tomorrow and in future?

What do I need to have or do to look for other work?

When asked, how have I helped my family and friends work better?

Am I a member of a trade union or professional body that helps and supports me in my work?

If not, is there a union or organization I can join that will support and help me tomorrow and in future?

If I am a member of such a group, am I an active member?

If I am a member of such a group, do I politely, respectfully, and reasonably share the beliefs and values of my kind with this group?

How can I better share those beliefs and values with this group tomorrow and in future?

Did I do all the tasks I had to do at home today?

Did I do all my tasks at home properly today?

When asked, how have I helped my family and friends do all the tasks they have to do at home?

Did I do all my tasks with enough time to eat, exercise, rest and relax today?

Do I need to prioritize my tasks at home better, so I have time to do those things?

If I need to prioritize them, how do I do that tomorrow and in future?

When asked, how have I helped my family and friends get enough time to eat, exercise, rest and relax?

When I look back on today, am I good at my tasks and my work?

SECTION IV

Even if strength fail, boldness at least will deserve praise;
in great endeavours even to have had the will is enough.
Propertius; *Elegies,* bk. 2, n. 10, l. 5; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 593.

Though the strength is lacking, yet the willingness is commendable.
Ovid, (Publius Ovidius Naso;) *Epistolæ ex Ponto,* bk. 3, n. 4, l. 79; *ibid;* p. 561.

Let us roll all our strength, and all
Our sweetness, up into one ball:
And tear our pleasures with rough strife,
Through the iron gates of life,
Thus, though we cannot make our sun
Stand still, yet we will make him run.
Marvell, Andrew*; To his Coy Mistress,* l. 41, 1681; *ibid;* p. 499.

My strength is as the strength of ten,
Because my heart is pure.
Lord Tennyson, Alfred; *Sir Galahad,* 1842; *ibid;* p. 766.

I count life just a stuff
To try the soul's strength on, educe the man.
Browning, Robert; *In a Balcony,* l. 651, 1855; *ibid;* p. 156.

For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.
Kipling, Rudyard; *"The Law of the Jungle",* st. 2, *The Second Jungle Book,* 1895; retrieved from *Wikiquote;* 16/11/2022.

O, it is excellent
To have a giant's strength, but it is tyrannous
To use it like a giant.
Shakespeare; *Measure for Measure,* act 2, sc. 2, 1603; retrieved from *Wikiquote;* 16/11/2022.

What were my concentration and memory like today?

How can I concentrate and remember things better tomorrow and in future?

Did I use my knowledge, learning and skills today?

How can I use my skills, knowledge, and learning better tomorrow and in future?

What were my emotional strengths today?

How can I improve my emotional strengths tomorrow and in future?

What were my emotional weaknesses today?

How can I understand and use my emotional weaknesses tomorrow and in future?

What were my physical strengths today?

How can I improve my physical strengths tomorrow and in future?

What were my physical weaknesses today?

How can I overcome or use my physical weaknesses tomorrow and in future?

Did I feel any physical or emotional pain today?

How well did I manage my physical pain?

How can I improve my physical pain management tomorrow and in future?

Did I manage my emotional pain well today?

Did I make my emotional pain worse by reacting badly or inappropriately to it?

How can I accept and better manage my emotional pain tomorrow and in future?

Was I kind and caring with myself today?

How can I be kinder and more caring with myself tomorrow and in future?

Was I kind and caring with my family and friends today?

How can I be like that with them tomorrow and in future?

Was I kind and caring with those of my kind I know today?

How can I be like that with them tomorrow and in future?

Is there any reading or study I can do to bring me closer to the person I want to be?

What more do I need to read or study tomorrow and in future, so I am the better person I want to be?

How can I get hold of study materials and books that will bring me closer to that?

How much time can I give to those books and materials tomorrow and in future?

Are there any songs or videos that will strengthen and firm up my beliefs and values?

How can I listen to those songs or watch those videos tomorrow and in future?

Are there any exercises or practices I can do to bring me closer to the person I want to be?

If there are any exercises or practices like that, how do I do them tomorrow and in future?

How much time can I give to those exercises or practices tomorrow and in future?

Did I have any problems or difficulties with my family, at work, or in public today?

Did I fully understand what the problem was?

Did I know how to solve the problem?

Did I solve it politely, respectfully, and reasonably today?

How can I better understand any problems I have tomorrow and in future?

Are there any problem-solving techniques I can learn?

How can I apply any problem-solving techniques I have, or will learn, tomorrow and in future?

When asked, how can I help my family and friends solve their problems?

When asked, how can I help those of my kind I know solve their problems?

Did I make any mistakes or errors today?

Did I know and understand what they were?

How can I better recognize and understand my errors or mistakes tomorrow and in future?

Did I put the mistakes right or correct the errors today, or did I try my best to put things right?

How can I be better at correcting errors and putting mistakes right tomorrow and in future?

Did I apologize for my mistakes or errors today?

Did I promise not to make the same errors or mistakes in future today?

How can I learn from my mistakes or errors tomorrow and in future?

How can I make sure I do not make the same errors or mistakes tomorrow and in future?

When asked, how can I help my family and friends with their mistakes?

When asked, how can I help those of my kind I know with their mistakes?

What were my greatest strengths today?

How can I develop and improve my greatest strengths tomorrow and in future?

How can I overcome my weaknesses, or turn them into strengths, tomorrow and in future?

When asked, have I shared my strengths with my family and friends?

When asked, have I shared my strengths with those of my kind I know today?

How have I strengthened my area, region, or homeland today?

What more can I do to strengthen my area, region, or homeland tomorrow and in future?

When I look back on today, was I a strong person with a good character?

SECTION V

Happiness depends on being free, and freedom depends on being courageous.
Thucydides, trans. Warner, Rex; *Quotes of Pericles, History of the Peloponnesian War,* bk. 2, ch. 4, § 43; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 776.

The jaws of power are always open to devour, and her arm is always stretched out, if possible, to destroy the freedom of thinking, speaking and writing.
Adams, John; *A Dissertation on the Canon and the Feudal Law,* 1765; in Adams, Charlies Francis, ed.; *Works of John Adams,* vol. 3, 1851*; ibid;* p. 3.

But what is Freedom? Rightly understood,
A universal license to be good.
Coleridge, Hartley; *Liberty,* 1833; *ibid;* p.224.

The word 'freedom,' means for me not a point of departure but a genuine point of arrival. The point of departure is defined by the word 'order.' Freedom cannot exist without the concept of order.
Metternich, Klemens von; *Mein Politisches Testament,* n.d.; in von Klinköwström, A, ed.; *Aus Metternich's Nachgelassenen Papieren,* vol. 7, 1880; *ibid;* p. 506.

You should never have your best trousers on when you go out to fight for freedom and truth.
Ibsen, Henrik; *An Enemy of the People,* act 5, 1882; *ibid;* p. 397.

Fatherland without freedom and merit is a large word with little meaning.
Chydenius, Anders; *For What Reason do so Many Swedes Emigrate Every Year?* 1765; retrieved from *Wikiquote;* 18/11/2022.

If a nation values anything more than freedom, it will lose its freedom; and the irony of it is that if it is comfort or money that it values more, it will lose that too.
Maugham, W. Somerset; *Strictly Personal,* ch. 31, 1941; retrieved from *Wikiquote;* 18/11/2022.

Have I been free to spend my money on what I need, want, and what is important to me today?

What can I do to make sure I spend my money in this way tomorrow and in future?

Have I had time to use and enjoy the things that belong to me today?

What can I do to make sure I do that tomorrow and in future?

Have I looked after, protected, and respected what belongs to others today?

How can I do that better tomorrow and in future?

Have others looked after, protected, and respected what belongs to me today?

What can I do to make sure my belongings are better respected, looked after, and protected tomorrow and in future?

Have I been free to read and study what I need or want to today?

How can I do that tomorrow and in future?

Have I been treated with fairness and respect today?

What can I do to be treated that way tomorrow and in future?

Have I been allowed to be myself today?

How can I make sure I am my true and real self, tomorrow and in future?

If I already have a spouse or partner, have we been treated with fairness and respect today?

What can I do for us to be treated that way tomorrow and in future?

If I already have a spouse or partner, have we been allowed to be ourselves today?

What can I do for us to be ourselves tomorrow and in future?

Have my family, friends, and those of my kind I know, been treated with fairness and respect today?

When asked, how can I help them be treated that way?

Have my family, friends, and those of my kind I know been allowed to be themselves today?

When asked, how can I help them be treated that way?

If I wanted to, have I been free to spend time with my family and friends today?

If I wanted to, have I been free to spend time with those of my kind I know today?

What can I do to spend time with them tomorrow and in future?

If I do not have a spouse or partner already, have I been free to choose one for myself today?

If not, what can I do to freely choose a spouse or partner for myself tomorrow and in future?

If I wanted to, have I had time alone, or had privacy today?

What can I do to have privacy or time alone tomorrow and in future?

If I already have a spouse or partner, have we had time alone together, or had privacy today?

What can I do so we have that together tomorrow and in future?

If wanted, have my family and friends had time alone, or had privacy today?

If wanted, have those of my kind I know had time alone, or had privacy today?

When asked, how can I help them have privacy or time alone?

Have I politely, respectfully, and reasonably expressed my beliefs, feelings, thoughts, and opinions today?

How can I express them politely, respectfully, and reasonably tomorrow and in future?

When asked, how can I help my family, friends, and those of my kind I know, express their feelings and beliefs politely, respectfully, and reasonably?

When asked, how can I help my family, friends, and those of my kind I know, express their thoughts and opinions politely, respectfully, and reasonably?

Have I been able to believe what I want, and practice what I believe, without fear, force, fraud, or coercion today?

What can I do to freely practice what I believe, and uphold my beliefs, tomorrow and in future?

Have I been able to hold my views and opinions without fear, force, fraud, or coercion today?

What can I do to hold my opinions and views freely tomorrow and in future?

When asked, how can I help my family, friends, and those of my kind I know, freely uphold their beliefs, and practice what they believe?

When asked, how can I help them uphold their views and opinions freely?

When I needed to, have I defended myself from physical or verbal assault today?

Tomorrow and in future, do I need to learn polite, positive, respectful assertiveness skills to defend myself from verbal assault?

How and where can I learn such assertiveness skills to defend myself tomorrow and in future?

Tomorrow and in future, do I need to learn reasonable and proportionate self-defense skills to defend myself from physical assault?

How and where do I learn such skills to defend myself tomorrow and in future?

When I needed to, have I defended my family and friends from physical and verbal assault today?

How can I better defend them from physical and verbal assault tomorrow and in future?

When asked, have I defended those of my kind I know from physical and verbal assault today?

When asked, how can I better defend them from assault tomorrow and in future?

Have the local, regional, and homeland authorities protected and upheld my legal rights and freedoms today?

What can I do to make sure those authorities protect and uphold my legal rights and freedoms tomorrow and in future?

Have my family and friends had their legal rights and freedoms protected and upheld today?

When asked, how can I help my family and friends protect their legal rights and freedoms?

Did I see an injustice today and ignore it, or do nothing about it?

How and what can I do to stop or prevent injustices tomorrow and in future?

Have I been treated the way I would like to be treated today?

What can I do to make sure I am treated the way I want to tomorrow and in future?

Have my family and friends been treated the way they want to be treated today?

When asked, how can I help them be treated that way?

Have those of my kind I know been treated the way they want to be treated today?

When asked, how can I help them be treated that way?

When I look back on today, am I a person who is free and has my rights?

SECTION VI

Count it the greatest sin to prefer mere existence to honour,
and for the sake of life to lose the reasons for living.
Juvenal; *Satires,* n. 8, l. 83; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 424.

The thing which is the most outstanding and chiefly to be desired by all healthy, good and well-off persons, is leisure with honour.
Cicero, Marcus Tullius; *Pro Sestio,* ch. 98; *ibid;* p. 217.

Virtue is the fount whence honour springs.
Marlowe, Christopher; *Tamburlaine the Great,* pt. 1, act 4, sc. 4, 1590; *ibid;* p.496.

The purest treasure mortal times afford
Is spotless reputation; that away,
Men are but gilded loam or painted clay.
A jewel in a ten-times-barred-up chest
Is a bold spirit in a loyal breast.
Mine honour is my life; both grow in one;
Take honour from me, and my life is done.
Shakespeare, *Richard II,* act 1, sc. 1, l. 177, 1595; *ibid;* p. 694.

Perseverance, dear my lord,
Keeps honour bright.
Shakespeare, *Troilus and Cressida,* act 3, sc. 3, l. 150,1602*; ibid;* p. 700.

Statesman, yet friend of Truth! of soul sincere,
In action faithful, and in honour clear;
Who broke no promise, served no private end,
Who gained no title, and who lost no friend.
Pope, Alexander; *To Mr. Addison,* l. 67; in *Epistles to Several Persons,* 1720; *ibid;* p. 584.

If peace cannot be maintained with honour, then it is no peace.
Russell, Lord John; *Speech at Greenock,* 19th September, 1853, in *The Times,* 21st September, 1853, *ibid;* p. 640.

Have I been totally honest and truthful with myself today?

What was I not honest and truthful with myself about today?

What can I do to make sure I am totally honest and truthful with myself tomorrow and in future?

Did I pretend to be something or someone I am not today?

How can I be more like my true and real self tomorrow and in future?

Did I lie, cheat, or was I dishonest, with my family today?

If I did lie, was I lying to protect a secret, or someone's honour and reputation?

If I was not keeping a secret, or not protecting someone's honour and reputation, how can I be more honest and truthful with my family tomorrow and in future?

Did I lie, cheat, or was I dishonest, with my friends today?

Unless there is a good reason, how can I be more honest and truthful with them tomorrow and in future?

Did I lie, cheat, or was I dishonest, with those I deal with at work today?

Unless there is a valid reason, how can I be more honest and truthful with them tomorrow and in future?

Did I lie, cheat or was I dishonest, with those of my kind I know today?

Unless there is a justifiable reason, how can I be more honest and truthful with them tomorrow and in future?

Was I polite and well-mannered with my family or friends today?

How can I have better manners and be more polite with them tomorrow and in future?

Was I polite and well-mannered with those I deal with at work today?

If not, how can I improve that tomorrow and in future?

Was I polite and well-mannered with those of my kind I know today?

If not, how can I improve that tomorrow and in future?

Was I respectful and reasonable in my language with my family and friends today?

How can I change or improve my language with them tomorrow and in future?

Was I respectful and reasonable in my language with those I deal with at work today?

How can I change or improve that tomorrow and in future?

Was I respectful and reasonable in my language with those of my kind I know today?

How can I change or improve that tomorrow and in future?

Unless there was a good reason, did I do what I said I would for my family or friends today?

How can I make sure I do what I say I will tomorrow and in future for them?

Unless there was a valid reason, did I do what I said I would for those I deal with at work today?

How can I make sure I do that tomorrow and in future?

Unless there was a justifiable reason, did I do what I said I would for those of my kind I know today?

How can I make sure I do that tomorrow and in future?

Did I speak and act in the best interests of my family and friends today?

What can I do to act and speak in their best interests tomorrow and in future?

Did I speak and act in the best interests of those I deal with at work today?

What can I do to act and speak that way tomorrow and in future?

Did I speak and act in the best interests of those of my kind I know today?

What can I do to act and speak that way tomorrow and in future?

Did I have the best available information I could when I made decisions today?

How can I get the information I need so I can decide things tomorrow and in future?

When I made decisions today was I acting in good faith, fairly, and following any necessary procedures?

How can I make sure all my decisions are made in good faith tomorrow and in future?

How can I make sure all my decisions are made fairly tomorrow and in future?

How can I make sure all my decisions follow any necessary procedures tomorrow and in future?

How can I make better decisions, in all parts of my life, tomorrow and in future?

Did anyone try to bribe me, bully me, influence, or pressure me into making a bad or wrong decision today?

How can I stop others preventing me make good and right decisions tomorrow and in future?

When asked about my decisions today, was I open and truthful about how I made them?

Did I openly and truthfully explain the information I used to make them?

Did I truthfully and openly explain how I came to those decisions?

If I was not keeping a secret, or not protecting someone's honour and reputation, did I openly and truthfully explain who helped me?

How can I be more truthful and open about my decisions tomorrow and in future?

Did I accept or go along with a bad, poor, or wrong decision by someone else today?

How can I politely, positively, and respectfully challenge or correct mistaken decisions tomorrow and in future?

If I have a partner or family, did I provide well for them today?

If I have a partner or family, how can I do that better tomorrow and in future?

If friends or others have visited me today, have I been a good, friendly, welcoming host?

How can I be a better, more friendly, and welcoming host tomorrow and in future?

Did I "fly off the handle," or "lose my rag," today about something trifling or trivial?

Was there a good reason for my emotional outburst today?

Did I apologize for my outburst and explain why I reacted the way I did?

How can I handle my outbursts better tomorrow and in future, and be more even-tempered?

Was I impatient or in an unnecessary hurry today?

Was there a good reason for my impatience or feeling I needed to hurry?

How can I better organize my time so I am not impatient or in a hurry tomorrow and in future?

Was I angry today?

Do I understand why I was angry?

How can I use my anger in a creative and positive way tomorrow and in future?

Did I accept my "sorrows and woes," as part of life's rich tapestry today, or did I dwell on them?

Did I dwell on my discontent, down-heartedness or sorrow for a good reason today?

Do I need to accept, understand, and use my discontent, down-heartedness or sorrow in a creative and positive way?

How can I accept, understand, and use those "sorrows and woes," better tomorrow and in future?

Would my family and friends say I am an honourable person?

Would those I deal with at work say I am an honourable person?

Would those of my kind I know say I am an honourable person?

When I look back on today, am I honourable, and a person of worth?

SECTION VII

Things won are done; joy's soul lies in the doing.
Shakespeare, William; *Troilus and Cressida,* act 1, sc. 2, l. 311, 1602; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 646.

Joy, beautiful radiance of the gods,
daughter of Elysium,
we set foot in your heavenly shrine
dazzled by your brilliance.
Your charms re-unite
what common use has harshly divided.
Schiller, Friedrich von; *An die Freude,* 1785*; ibid;* p. 646.

A thing of beauty is a joy for ever.
Keats, John, *Endymion,* l. 1, 1818; *ibid;* p. 556.

Land of Heart's desire,
Where beauty has no ebb, decay no flood,
But joy is wisdom, Time an endless song.
Yeats, W.B.; *The Land of Heart's Desire,* 1894; p. 36; *ibid;* p. 836.

Who is the happiest of men? He who values the merits of others,
And in their pleasure takes joy, even as though 'twere his own.
von Goethe, Johann Wolfgang, trans. Bowring, Edgar Alfred; *"Distichs," The Poems of Goethe,* 1853; retrieved from *Wikiquote;* 20/11/2022.

There may be Peace without Joy, and Joy without Peace, but the two combined make Happiness.
Buchan, John, 1st Baron Tweedsmuir; *Pilgrim's Way: An Essay in Recollection,* 1940; p. 117; retrieved *from Wikiquote;* 20/11/2022.

Joy, rather than happiness, is the goal of life, for joy is the emotion which accompanies our fulfilling our natures as human beings. It is based on the experience of one's identity as a being of worth and dignity, who is able to affirm his being, if need be, against all other beings and the whole inorganic world.
May, Rollo; *Man's Search For Himself,* 1953; p. 67; retrieved from *Wikiquote;* 20/11/2022.

Did I have a good, restful sleep last night?

If not, was I uncomfortable in bed?

What do I need to change about my bed so I have a good night's sleep?

If not, was I disturbed by light or noise?

What can I change about my bedroom so it is darker and quieter at night?

If not, was I thinking about things so I could not turn my mind off?

How can I leave the day behind me so I relax, unwind and get a good night's sleep?

How can I do any of these tomorrow and in future?

Did I enjoy my meals today?

Was it the food I enjoyed or the company?

If it was the food, how can I eat more food I like tomorrow and in future?

If it was the company, how can I spend more time with those people tomorrow and in future?

Did I get any pleasure out of my exercise today?

Was it the exercise that made me happy?

If it was, how can I improve my exercise, so I enjoy it more tomorrow and in future?

Was it the feeling at the end of my exercise that made me happy?

If so, how can I take that feeling with me through the day and remember it, tomorrow and in future?

Was it the people I was exercising with that made me feel good?

If so, how can I spend more time with them tomorrow and in future?

Did I enjoy work today?

If so, is it because I am proud of the work I did?

How can I take that sense of pride with me tomorrow and in future?

Is it because I achieved something at work?

If so, how can I carry on achieving good things at work tomorrow and in future?

Is it because of the people I deal with at work?

Out of those people, who do I trust and feel safest with?

How can I spend more time with them tomorrow and in future?

If I commute, do I enjoy that or find pleasure in it?

If not, can I change my commute for the better in any way?

If so, how do I change things tomorrow and in future, so my commute is better?

If not, what can I do tomorrow and in future to make it more bearable or less stressful?

Did I enjoy time with my family today?

What was the most enjoyable thing about family time today?

How can I have more of that tomorrow and in future?

If family time was not good, what one thing can I change to make it better?

How do I do that tomorrow and in future?

Did I enjoy the time I had with my friends today?

What one thing can I change to make that better?

How do I do that tomorrow and in future?

Do I have any hobbies or pastimes I enjoy?

Did I have any time to do those today?

What one thing can I change so I have time for them tomorrow and in future?

If I do not have any hobbies or pastimes, are there any I am interested in?

What do I need so I can try them out and see if I enjoy them?

How do I do that tomorrow and in future?

Do I play any sports?

If so, do I enjoy the competition or just the sport?

If it is the sport, how much more time can I give to it?

How do I do that tomorrow and in future?

If it is the competition, how can I improve my skills and be more competitive?

How do I do that tomorrow and in future?

If it is the people I play with, who do I trust and feel safe with out of my fellow players?

How can I spend more time with them tomorrow and in future?

Do I belong to any groups or organizations outside work and my family that I am proud of, or give me a sense of achievement or pleasure?

If so, what one thing can I do so I have a greater sense of achievement, pleasure, or pride from them?

How can I do that tomorrow and in future?

If not, what one thing can I change to give me that sense of pleasure, pride, or achievement?

How do I do that tomorrow and in future?

If there is nothing I can change, is it time for me to leave them?

How do I do that politely and respectfully tomorrow or in future?

Is there any music or literature I like?

Did I get a chance to enjoy them today?

Is there any way I can enjoy more of the literature and music I like?

How do I do that tomorrow and in future?

Did I go to the cinema, a concert, museum, or theatre today?

Is there anything on at any of those places I would like to see or am interested in?

How do I arrange that and who would I like to go with?

How do I do that tomorrow or in future?

Did I enjoy any socializing I did today?

What was it about that which made it enjoyable?

What can I do to make it more enjoyable tomorrow and in future?

Did I live comfortably today?

If I did, what one thing would make my life better?

How do I do that or get that tomorrow and in future?

If now, what one thing is it that makes my life uncomfortable at the moment?

How do I accept it, change it, or overcome it tomorrow and in future?

Am I proud of my heritage and culture, and do I take pleasure in them?

How can I be prouder of my culture and heritage tomorrow and in future, and get more pleasure from them?

If I am not proud of them, what one thing can I change so I am?

How do I do that tomorrow and in future?

Am I satisfied with my life today?

If I am, what one thing would make me more satisfied with it?

How can I achieve that tomorrow and in future?

If I am not satisfied with it, what one thing can I change to make it better?

How do I do that tomorrow and in future?

Would my family and friends say I am a reasonably contented person?

Would those I deal with at work say I am a reasonably contented person?

Would those of my kind I know say I am a reasonably contented person?

When I look back on today, would I say I am content, and had moments of happiness, joy, and pleasure?

SECTION VIII

Do your duty, and leave the outcome to the gods.
Corneille, Pierre; *Horace*, act 2, sc. 8, 1640; in Knowles, Elizabeth; *The Oxford Dictionary of Quotations,* 5th ed.; OUP; 1999; Oxford; p. 236.

From a very early age, I had imbibed the opinion, that it was every man's duty to do all that lay in his power to leave his country as good as he had found it.
Cobbett, William; *Political Register*, 22nd December, 1832*; ibid;* p. 223.

The whole subject of duties, in its greatest latitude, is comprehended under two parts; the first is taken up in explaining what is good, and what our greatest good. The second is in certain directions and precepts, according to which on all occasions it is our duty to govern our lives and actions.
Cicero, Marcus Tullius; *De Officiis,* bk. 1, ch. 3; in Parrinder, Geoffrey, compiler; *A Dictionary of Religious and Spiritual Quotations;* Routledge; 1990; London; p. 134.

'Do the duty which lies nearest thee,' which thou knowest to be a duty! Thy second duty will already have become clearer.
Carlisle, Thomas; *Sartor Resartus,* 9, 1833; *ibid;* p. 135.

There is a great deal of talk about loyalty from the bottom to the top. Loyalty from the top down is even more necessary and much less prevalent. One of the most frequently noted characteristics of great men who have remained great is loyalty to their subordinates.
Patton, George S.; *War As I Knew It,* 1947; also quoted in Province, Charles M.; *Patton's One-Minute Messages: Tactical Leadership Skills for Business Management,* 1995; p. 88; retrieved from *Wikiquote* on 21/11/2022.

To put it in rude, plain, unpalatable words — true patriotism, real patriotism: loyalty not to a Family and a Fiction, but a loyalty to the Nation itself!
Twain, Mark, (1905,) Budd, Louis J., ed.; *Collected Tales, Sketches, Speeches,* & *Essays, 1891-1910,* 1992; retrieved from *Wikiquote* on 21/11/2022.

Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice.
Wilson, Woodrow; *Address on American Spirit,* Washington, 13th July 1916; retrieved from *Wikiquote* on 21/11/2022.

Was I true to my ambitions, aspirations, dreams, and goals today?

If not, what one thing stopped me achieving my hopes today?

How can I overcome the one thing that stopped them today?

What can I do to overcome the one thing stopping me achieving my hopes tomorrow and in future?

When asked, how can I help my family and friends achieve their aspirations, dreams, and goals?

When asked, how can I help those of my kind I know achieve their hopes and dreams?

Did I trust my family today, and rely on them, and did they trust and rely on me?

If not, what was the one thing that stopped us relying on and trusting each other?

How can I overcome that tomorrow and in future?

Did I trust and rely on my friends today, and did they trust and rely on me?

If not, what one thing stopped us trusting and relying on each other?

How can I overcome that tomorrow and in future?

When asked, how can I help my friends rebuild trust and reliance with their friends and families?

Was I trusted by those I deal with at work today?

If not, what one thing stopped us trusting each other?

How can I overcome that tomorrow and in future?

Did I trust and rely on those of my kind I know today, and did they rely on and trust me?

If not, what one thing stopped us relying on and trusting in each other?

How can I overcome that tomorrow and in future?

When asked, how can I help those of my kind I know rebuild reliance and trust with their friends and families?

Did I do the best I can at home, at work and at play today?

Did I do the best I can because I wanted to, or because I wanted to impress someone, or was told to?

Since I want to do the best I can because I want to, what one thing stopped that today?

How can I overcome that tomorrow and in future?

When asked, how can I help my family and friends do the best they can at home, at work and at play?

When asked, how can I help those of my kind I know do the best they can at home, at work and at play?

Did I respect my family today, and show them I value and care for them?

If not, what one thing stopped me showing them care, respect, and how much I value them?

How can I overcome that tomorrow and in future?

When asked, how can I help my family members show respect, value, and care for others they know?

Did I respect my friends today, and show them I value and care for them?

If not, what one thing stopped me doing that for my friends?

How can I overcome that tomorrow and in future?

When asked, how can I help my friends show respect, value, and care for others they know?

Did I respect those I deal with at work today?

If not, what one thing stopped me doing that for those I deal with at work?

How can I overcome that tomorrow and in future?

Do I have any heroes?

Did I show them respect today?

How can I show them better respect tomorrow and in future?

Do I support any sporting teams or clubs?

Did I show them respect today, and make my support for them known?

How can I show them more respect and support tomorrow and in future?

Did I respect those of my kind I know today, and show I value and care for them?

If not, what one thing stopped me doing that for them?

How can I overcome that tomorrow and in future?

Do I belong to any faith, group, or organization that, on balance, deserves my respect?

How can I show more respect for that tomorrow and in future?

Do I belong to any political group or party?

Was I respectful of it today?

What stopped me being respectful of that party or group?

How can I change things, or help overcome any problems, in that group or party?

How do I do that so it has my respect tomorrow and in future?

Am I critical of politicians?

Is my criticism justified?

If it is, what can I do to make my criticism known?

If it is, what can I do to change things and make politics better?

How do I do those things, so the political system is better, and worthy of respect tomorrow and in future?

Did I make any promises today?

Are they realistic and achievable promises?

Did I fully understand what I was promising?

Did I do what I promised today, or is it something I have to do in future?

How can I complete or fulfill those promises tomorrow or in future?

Did I show how much I loved my family today?

If not, what one thing stopped me showing my love for my family today?

How can I overcome that tomorrow and in future?

Did I have genuine friendship and fellowship with my friends today?

If not, what one thing stopped me having genuine fellowship and friendship?

How can I overcome that tomorrow and in future?

Did I show my fellowship and loyalty to those of my kind I know today?

If not, what one thing stopped me being loyal, and having genuine fellowship with them?

How can I overcome that tomorrow and in future?

Do I have a religious faith or spiritual path of any kind?

If I do, did keep that faith or keep to that path today?

If not, what one thing stopped me doing that?

How can I overcome that, be more devout, and keep that better tomorrow and in future?

Did I feel any loyalty and devotion to my homeland today?

If not, what one thing stopped me being loyal and devoted to it today?

How can I overcome that, and be more loyal and devoted to my homeland tomorrow and in future?

Did I feel like a citizen today, and as someone who rightly belongs in my homeland?

If not, what one thing stopped me feeling like a citizen today?

How can I change that, so I feel more like a true citizen tomorrow and in future?

If I did not feel like I rightly belong in my homeland, what one thing stopped me feeling that today?

How can I change that, so I feel I really do belong where I am tomorrow and in future?

Was I loyal and true to my beliefs and values today?

If not, what one thing stopped that today?

How can I overcome that tomorrow and in future?

Would my family and friends say I am a loyal person?

Would those I deal with at work say I am a loyal person?

Would those of my kind I know say I am a loyal person?

When I look back on today, am I a loyal and faithful person?

POETRY

"What a piece of work is a man."

What a piece of work is a man!
How noble in reason!
how infinite in faculty!
in form, in moving,
how express and admirable!
in action how like an angel!
in apprehension how like a god!
the beauty of the world!
the paragon of animals!

Shakespeare; W. J. Craig, Humphrey Milford, eds.; *"Hamlet;"* act 2, sc. 2, in *The Complete Works of William Shakespeare;* OUP; 1914; Oxford; p. 1021. (Text format altered.)

"The Questioner."

I ask not for his lineage,
I ask not for his name;
If manliness be in his heart,
He noble birth may claim.
I care not though of this world's wealth
But slender be his part,
If yes, you answer, when I ask
Hath he a true man's heart?

I ask not from what land he came,
Nor where his youth was nursed;
If pure the stream, it matters not
The spot from whence it burst.
The palace or the hovel,
Where first his life began,
I seek not for; but answer this,
Is he an honest man?

Nicoll, Robert; *Poems,* 3rd ed.; William Tait, & Simpkin, Marshall & Co; 1843; Edinburgh & London; pp. 192-3.

"Invictus."

Out of the night that covers me
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance,
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate
I am the captain of my soul.

Henley, William Ernest; *A Book of Verses;* David Nutt; 1888; London; p. 56.

"The Manly Life," or "Four Things."

Four things a man must learn to do
If he would make his record true:
To think without confusion clearly;
To love his fellow-men sincerely;
To act from honest motives purely;
To trust in God and Heaven securely.

Van Dyke, Henry; *The poems of Henry Van Dyke, A new and revised edition* with *many hitherto uncollected;* Charles Scribner's Sons; 1920; New York; p. 277.

"If-"

(Brother Square-Toes' - Rewards and Fairies; 1910.)

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Kipling, Rudyard; in Elliott, T.S. ed.; *A Choice of Kipling's Verse;* Faber and Faber; 1941; London; p. 273.

"The road goes ever on and on."

The Road goes ever on and on
Down from the door where it began.
Now far ahead the Road has gone,
And I must follow, if I can,
Pursuing it with eager feet,
Until it joins some larger way
Where many paths and errands meet.
And whither then? I cannot say.

The Road goes ever on and on
Out from the door where it began.
Now far ahead the Road has gone,
Let others follow it who can!
Let them a journey new begin,
But I at last with weary feet
Will turn towards the lighted inn,
My evening-rest and sleep to meet.

Still round the corner there may wait
A new road or a secret gate,
And though I oft have passed them by,
A day will come at last when I
Shall take the hidden paths that run
West of the Moon, East of the Sun.

Tolkien, J.R.R.; *The Lord of the Rings;* BCA by arrangement with HarperCollinsPublishers; 1991; London; pp. 48, 86-7, 1024, 1066.

"Ballad - The Spirit of Man."

In the last days of a world in decay
Appeared three figures under the true sun,
Whose nature all those still true must obey
To honour the truth, wage war, and have fun.

First of them had come forth the wise scholar,
Keeper and herald of truth that is pure,
He made usurpers and liars smaller,
Against deception and lies he would cure.

Second of them forth the warrior stood,
Who stood to wage goodly war resolute,
Hard of will, true hearted, all liars should
Run in fear, lest they be crushed by his boot.

Third of them forth the adventurer roamed,
Of certain and joyous spirit was bred,
The world and all its great wonders he owned,
With a gentle smile on his path he sped.

Adapted from an Anonymous American poem; retrieved from the Internet; 27/10/2017.

AFTERWORD

We all have questions about life, and about ourselves. Some of us have found some answers to some of those questions. That said, it would be a very brave person who said they had all the answers. Some of us are happy with the answers we have, some are not. In a world of doubt, where even truths are questioned, it is easy to feel uncertain of ones' actions, beliefs, and values. This is not a self-help book. It cannot change your life in every imaginable way. It cannot make you change a single thing about yourself. It can lead you to pause, think, and make some decisions about how you want to live in future. Whether you use it on your own, or with others, it is an aid, not a toolbox, to a better life. Whether you just answer the questions and end your day or not, only you can decide what you want tomorrow. Whether you use this as part of something else or not, only you can decide how you want to improve yourself. You are a free person, with a mind of your own. It is up to you how you use this to best help you. However you use it, I hope you have found something in it for yourself.

I hope you found some helpful way to use this booklet. As you know, it was written for personal use, but can also be used at conferences and among friends. You can read all of it and then reflect on your day. You can choose a way to use a section of it. You can focus in on some questions of your choice and work on those. If you want, you can work on an entire section all the way through. You can just read a section and let that lead you into thoughts about your day and the future. If you use it among friends, it is a good way to get help and support, and to give advice and share it. If it is used at a conference, it helps people share ideas, problems, and solutions. The booklet can also be used in a spiritual, religious, or meditative way if you like. I hope it has become a helpful part of your regular routine, and a good way to end your day. However you have used it, I hope you got some good out of it, and are pleased you used it.

There are many, many people to thank for the writing of this. Over the years there have been countless conversations with friends and acquaintances. Many of those have been about what is true and lasting, what is important and valuable. I am indebted to all those I have had such conversations with. Special thanks do belong to Mr. G. Turner for all his efforts in bringing this work to life. I would also like to thank those who inspire me, and led me to think about my own life over the years. Without their help I would not be the person I am now, and would not have written this. I would also like to thank every reader of this booklet. I know some of you will not use it, and some will. I know some of you will share this with friends, and some will not. You are the best person to decide how you use this. However you choose to use it, and whatever help it is to you, thank you.

No-one can tell what the future will bring, that is true. Still, we can decide how we will live that future. We can choose how we act, feel, speak, and think tomorrow and each day after that. We do have that ability, that power, inside us. No-one else can make us change in any way. If we want to change it is because we want to, we have the will to change. If this booklet helps one person make a change they want, in the best way for them, it will do its job. Whatever your future holds, I wish you every happiness, prosperity, and success. Whatever your tomorrow brings, I wish you all the best, and hope this has been some help.